

Exhibit 3

Composition

4241

KEEP



100 Sheets • 200 Pages

Wide Ruled.

9³/₄ x 7¹/₂ in.



MADE IN USA

CLASS SCHEDULE

Time:	Sun	Mon	Tues	Wed	Thurs	Fri			
Monday	35	40	45	50	REST				
Tuesday									
Wednesday	Test Cap								
Thursday									
Friday									
Saturday	Test Cap								

WEB REFERENCE**GENERAL REFERENCE & RESEARCH SITES****Central Intelligence Agency:****www.odci.gov/cia/publications/factbook**

Central Intelligence Agency (CIA) worldwide

factbook containing in-depth data for over 200 countries around the globe.

B-12

B-SUPER complex

Gibrousne

Test cap

CREATIVE 5.00

Amir Bust

Beta-Alanine

(CQ 10 50)

Fish oil

RF-1

Information Please Almanac: www.infoplease.com

Online almanac offering millions of interesting and useful facts on a wide variety of subjects.

Internet Public Library: www.ipl.org

An exhaustive collection of over 20,000 titles.

CNN Student News: www.cnnfyi.com

U.S. and World news multimedia site tailored to the needs of students.

iTools Research: www.itools.com

Collection of online research tools including dictionaries, translations, quotations and more.

Conversion Tables: www.convert-me.com

Convert length, area, speed, temperature, etc., into different units and systems.

Library of Congress: www.loc.gov

Easy to use reference catalog for accessing the collections of the Library of Congress.

eLibrary Research: www.elibrary.com

Search any topic using a database of current newspapers, magazines, books and more.

National Archives: www.archives.gov

National Archives online directory of U.S. Federal records.

Encyclopedia Britannica: www.britannica.com

Online version of one of the world's most trusted sources of information on every topic imaginable.

Smithsonian Institution: www.si.edu

User-friendly site from the world's largest museum complex and research organization.

Fact Monster: www.factmonster.com

Designed for kids of all ages, this site offers an amazing array of facts and figures in addition to homework help, an almanac, dictionary and much more.

U.S. Census Bureau: www.census.gov

A wealth of basic information about the U.S., broken down on a national, state and local level.

Gallup Organization: www.gallup.com

Search thousands of poll results, special reports, societal trends and social audits.

U.S. Department of Labor: http://stats.bls.gov

Bureau of Labor statistics site containing current labor statistics and links to hundreds of state and Federal agencies.

Hoovers Business Research: www.hoovers.com

Comprehensive index of over 45,000 leading U.S. private and public companies.

U.S. Federal Government: www.fedstats.gov

Statistical information from over 100 federal agencies.

(Shot Fri morning)

8:00

(Red Alert)

(March 16) KEEP

Kibble - 2 cups
 (cooked) Quaker Chicken (1)
 Flax seed oil
 Salmon, mackerel, tuna
 Kale, spinach
 Carrots, celery

(Jan 29) 30 min walk
 Tues (Feed)

(Jan 30) 30 min walk
 Wed 7 min slot (walk cooldown)
 Feed, Supplement

(Jan 31) 30 min walk
 Thurs 30 min (pulling chains 10 lbs)
 Feed Supplement

Feb 1) *Rest day*
 (Fri 2) Feed supplement
 SAT *Steroid*

(6 WKS)
 Feb 3 40 min walk
 Sun 10 min slot (walk cooldown)

Feb 4 40 min walk
 Mon 13 min slot (walk cooldown)

Feb 5 40 min walk
 Tues 15 min slot (walk cooldown)

Feb 6 40 min walk
 Wed 30 min (chain pull)

*Worming April 23,

May 3 (Sunday)

Feed weight (5lb.) weight collar

(WEEK 1)

Monday May 4

Walk 1mi 10 slot mill (cooldown walk 1mi)

50.4 lbs

Tuesday May 5 (3lbs weight collar)

Walk 2mi 15 slot mill (cooldown walk 1mi)

Wed May 6

Thurs May 7

10 min walk

weight:

REST DAY

may 11 Mon

Thor 47 lbs

HR

4 mi = walk 15 min slot mill 20 min COOLDOWN

may 12 (Tues)



HR

4 mi walk 15 min 20 min COOLDOWN

- Chain pulling 2)

may 13 (Wed)

Best day

may 14 (Thurs)

(HR)

4 min 15 slot mill (blast) 20 min COOLDOWN

(48.4 lbs)

may 15 (Fri)

2 mi walk 20 min slot mill 20 min COOLDOWN

* He was tired (lazy walk, lazy workout)

may 16 (Sat)